

RESOURCES FOR SUCCESS

INTRODUCTION & LEARNING GOALS

Most Indiana colleges offer a wide range of resources, services and programs to help students achieve success during their first year of college and beyond. This lesson will help students:

- *Understand the role of an academic advisor*
- *Learn about the types of resources, services and programs colleges offer to support students' academic and first-year success*

AGENDA

Timing: approximately 55–70 minutes (will vary by class size)

1. Warm-up: Getting academic support
2. First-year success and beyond
3. Wrap-up/Reflection: Plan ahead for success

ITEMS NEEDED

1. A copy of the College Success Guide for each student in the class.
If students don't have copies on hand, you may download a printable PDF at LearnMoreIndiana.org/collegesuccessguide. For this lesson, refer to pages 13–14 and 23–24.
2. Computers with Internet access.
3. Worksheets included in this lesson (make a copy for each student in the class):
 - Getting academic support (also on page 24 of the College Success Guide)
 - First-year success programs at my college
4. Checklist included in this lesson:
 - Setting up for success (also on page 14 of the College Success Guide)



Activities

1

WARM-UP: GETTING ACADEMIC SUPPORT *(25–30 minutes)*

Distribute the worksheet: “Getting academic support.”

As a group, discuss the academic support services on page 23 of the College Success Guide. Explain the role of a college academic advisor. Then, have students complete the worksheet, which is also available on page 24 of the College Success Guide.

Next, instruct students to conduct online research on their college’s website to learn more about what kinds of support will be available to them. (Students who don’t yet know what college they will be attending can choose a school they’re interested in.)

2

FIRST-YEAR SUCCESS AND BEYOND *(25–30 minutes)*

Distribute the worksheet: “First-year success programs at my college.”

As a group, review page 13 of the College Success Guide. Discuss the first-year success initiatives and programs commonly available at colleges.

Let students know that they may need to plan ahead to be able to participate in certain first-year success initiatives, such as summer bridge, welcome week or orientation programming.

Have students conduct online research on their college’s website to find information about the first-year success initiatives available on campus. Students should jot down their findings on the worksheet.

3

WRAP-UP/REFLECTION: PLAN AHEAD FOR SUCCESS

(5–10 minutes)

Distribute the checklist: “Setting up for success.”

Bring the group back together and ask each student to share one example of an academic support service or first-year success initiative that his/her college offers. Then, review the checklist, also on page 14 of the College Success Guide, to help students plan ahead for success during their first year of college.



Worksheet | GETTING ACADEMIC SUPPORT

There are many helpful resources on campus that you can turn to for support during college. A great place to start is your academic advisor. He or she can help you stay on track to graduate on time and point you to available resources for assistance in and out of the classroom. Use this worksheet to help you identify what resources you may need during college. Search your college's website for information about these services.

Who is your academic advisor?

Name:

Contact information:

What services are available on my college's campus? Write down contact information.

Academic (tutoring, study groups,
writing center, etc.):

Health and wellness:

Career services:

Financial (tuition assistance,
budgeting, etc.):

Student affairs (counseling,
housing, etc.):

Faith-based services:



Worksheet | FIRST-YEAR SUCCESS PROGRAMS AT MY COLLEGE

Visit your college's website to learn what first-year programs might be available to you. If you don't know where you plan to attend college, choose one that most interests you.

<i>Program/initiative</i>	<i>How to get involved</i>	<i>Deadline to register</i>



Checklist | SETTING UP FOR SUCCESS

The beginning of your college career is right around the corner. Use this checklist to start college on the right track and set yourself up for success!

Summer before college

- ☐ **Ask about first-year programs**, including summer bridge programs, orientation programming, first-year seminars, learning communities, career exploration courses and mentoring programs.
- ☐ **Find out what resources and student support services are available** on your campus.
- ☐ **Meet with your academic advisor** to help you develop a class schedule and discuss your academic plan and educational goals.
- ☐ **Learn how to access and navigate your online eStudent account**, so you can stay on top of your state financial aid package.
- ☐ **Explore campus**. Find out where your classes will be held and the locations of student resources around campus, such as the library, computer labs, dining halls, health center and academic support centers.
- ☐ **Investigate on-campus job opportunities**. Visit your school's student employment office or website, or ask your college advisor for assistance.

First month of classes

- ☐ **Make a weekly schedule for yourself**. How will you best use your time before, between and after classes? Make sure you set aside at least two hours of study time for each hour you spend in class each week.
- ☐ **Attend your instructors' office hours** to ask them any questions you might have.
- ☐ **Visit or contact your school's financial aid office** if you have any questions about the status of your financial aid package.
- ☐ **Explore all of your textbook options** to make sure you find the best deal on your class books.
- ☐ **Create a budget for yourself**. Sit down and map out all of your income sources and monthly expenses. Figure out exactly how much money you can spend per week and per month. Then, stick to it!



Checklist | SETTING UP FOR SUCCESS (CONTINUED)

First Semester

- ☐ **Join a club or student organization.** Getting involved will help you meet new people and engage in your campus community.
- ☐ **Attend special events** such as films, plays, presentations, athletic activities and cultural events. Many of these are free for students!
- ☐ **Re-evaluate your weekly schedule** and make adjustments as needed.
- ☐ **Seek out and use your school's academic support services.** Attend free workshops, tutoring and supplemental instruction (SI) sessions.
- ☐ **Head to the campus career services office** to explore different majors and career opportunities if you are undecided.
- ☐ **Maintain a healthy balance of work, sleep, exercise, eating right and having fun.** If you're feeling stressed, anxious or homesick, talk to someone at the school's counseling center.
- ☐ **Go to class!** Missing class means you're missing discussions that may be on exams. Plus, many professors have attendance policies that impact grades.
- ☐ **Revisit your budget** to see how you are managing your money and where you might be able to reduce some expenses.
- ☐ **Meet with your academic advisor** to plan your class schedule for the following semester and to make sure you are staying on track to graduate.

Second Semester

- ☐ **Stay on track** to reach 30 credit hours by the end of the school year. Talk to your advisor if you're thinking about withdrawing from a course, so you can make a plan to catch up. Consider enrolling in summer classes, if needed.
- ☐ **Keep up the good work** by staying organized, going to class and sticking to a study routine.
- ☐ **Schedule a meeting with your academic advisor** to start planning for the next school year.